

WEST MIDLANDS NOVICE TUMBLING CHAMPIONSHIPS

This event is only eligible to gymnasts who have **NEVER** competed in any of the Tumbling Regional Cup levels and/ or FIG elite levels. The competition hosts an individual and team event for Novice level tumblers.

Judge Nomination

Each club is required to provide at least 1 judge in order to enter. If a judge cannot be found, a judging fine of **£100** is payable in order to complete the entry. Judges need to hold a minimum of Club Level and should be current members of British Gymnastics. If a judge fails to attend the competition, the club will need to pay the £100 judging fine. For the competition to run, the WMAGA usually requires between 12–18 judges, it is advised that clubs train a number of judges. Information about courses can be found on the British Gymnastics website.

INFORMATION

Entry Fee: £20.00 **Age Groups:** 6-7yrs / 8-10yrs / 11-13yrs / 14yrs+

Definition: Age of gymnast is defined by how old they are on 31st December each year.

Teams: For each age group, a team can consist of either all boys, all girls or mixed. A team must have a minimum of 3 gymnast and max of 5 gymnasts. Gymnasts are not permitted to compete in an older or younger age group team; they must compete as an individual and a team member that is specific to their age group only.

Awards: Medals will be awarded to the top 3 girls and top 3 boys placing 1st, 2nd, 3rd in each age group. Medals will also be awarded to the top 3 teams (regardless of being all boys, all girls or mixed) placing 1st, 2nd and 3rd in each category. The individual gold medal winners and team gold medal winners will also be awarded with a trophy.

Equipment: The competition takes place on a 25 metre, world class, 'Skakun' tumbling track. Without a run-up for this event, along with a full dimensions landing area. A 30cm deep safety mat will be provided especially for passes that require a rebound to dish.

Scoring: The execution score is usually calculated with 2 judges per panel, each judge scoring a pass out of 10.00 marks, then adding both scores together to give a total score out of 20.00 marks. Each pass has a difficulty to value that the judges will add onto the final execution score (provided that the pass was completed). Scores will also be emailed to all clubs in the days following the event.

Competition Passes:

Tumblers will perform 3 passes, comprising of 2 "long" passes (5 skills or more and chosen from either Column A or B from the list below) and 1 "short" pass (4 skills or less and chosen from Column C from the list below). Tumblers must perform their "short" pass, taken from Column C, as the third and final pass.

N.B. - Clubs are required to email their gymnasts' pass numbers to the relevant committee member contact by the date specified on the reminder email. This email will also include information relating to opening and closing date.

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Pass 1 and Pass 2 can be chosen from either Column A or Column B. Pass 3 MUST only be chosen from Column C.

DIFFICULTY VALUE - 0.5										
All Age Groups	Column A / No.1			Column B / No.2			Column C / No. 3			
	1	Forward Roll		1	Chasse (<i>side or front</i>)		1	Stretch Jump Walkout (<i>From standing start</i>)		
	2	Straight Jump		2	Cartwheel		2	Cartwheel - 1/4 turn in		
	3	Forward Roll		3	Chasse (<i>side or front</i>)		3	Fall to dish onto mat & hold (3 secs)		
	4	Tuck Jump		4	Cartwheel					
	5	Forward Roll		5	Chasse (<i>side or front</i>)					
	6	1/2 Turn Jump - Hold		6	Cartwheel (<i>optional finish</i>)					

DIFFICULTY VALUE - 1.0										
All Age Groups	Column A / No. 4			Column B / No. 5			Column C / No. 6			
	1	Forward Roll		1	Round Off (<i>Start from run or jump, optional</i>)		1	Stretch Jump Walkout (<i>From standing start</i>)		
	2	Immediate Stretch Jump Walkout (<i>From standing start</i>)		2	Immediate 1/2 Turn Jump (<i>hold 3 secs</i>)		2	Round Off		
	3	Cartwheel		3	Stretch Jump Walkout (<i>From standing start</i>)		3	Rebound to dish onto mat & hold (3 secs)		
	4	Chasse (<i>front</i>)		4	Round Off					
	5	Cartwheel - 1/4 turn (<i>show & hold "hollow shape"</i>)		5	1/2 Turn Jump					
	6	Backward roll (<i>straight legs</i>)		6	Immediate Rebound - Star Jump					

* If gymnast doesn't hold for 3 seconds, a 0.2 deduction per execution judge will be applied.

DIFFICULTY VALUE - 1.5										
All Age Groups	Column A / No. 7			Column B / No. 8			Column C / No. 9			
	1	Stretch Jump Walkout (<i>From standing start</i>)		1	Forward roll		1	Round Off		
	2	Cartwheel		2	Immediate Stretch Jump Walkout		2	Flic		
	3	Chasse (<i>front</i>)		3	Round off		3	Rebound to dish onto mat & hold (3 secs)		
	4	Round Off		4	1/2 Turn Jump Walkout (<i>must complete 180 degree turn, not 1/4 turn into side entry</i>)					Performed from a small preparatory run*
	5	1/2 Turn Jump		5	Round off					
	6	Immediate Rebound - Star Jump		6	Straight Jump - Hold					

* If gymnast doesn't hold for 3 seconds, a 0.2 deduction per execution judge will be applied.

DIFFICULTY VALUE - 2.0										
All Age Groups	Column A / No. 10			Column B / No. 11			Column C / No. 12			
	1	Round Off		1	Forward roll		1	Round Off		
	2	Flic		2	Immediate Stretch Jump Walkout		2	Flic		
	3	1/2 Turn Jump Walkout (<i>must complete 180 degree turn, not 1/4 turn into side entry</i>)		3	Round off		3	Flic		
	4	Round Off		4	Flic		4	Rebound to dish onto mat & hold (3 secs)		
	5	Flic		5	1/2 Turn Jump					Performed from a small preparatory run*
	6	1/2 Turn Jump - Hold Performed from a small preparatory run*		6	Immediate Rebound - Star Jump					

* If gymnast doesn't hold for 3 seconds, a 0.2 deduction per execution judge will be applied.

DIFFICULTY VALUE - 2.5										
All Age Groups	Column A / No. 13			Column B / No. 14			Column C / No.15			
	1	Round Off		1	Round Off		1	Round Off		
	2	Flic		2	Flic		2	Flic		
	3	Flic		3	Flic		3	Tuck Somersault		
	4	Flic		4	Flic					15 metres of track only. Performed from a small preparatory run*
	5	1/2 Turn Jump Walkout		5	Flic					
	6	Cartwheel Performed from a small preparatory run*		6	Straight Jump Performed from a small preparatory run*					

* If gymnast doesn't hold for 3 seconds, a 0.2 deduction per execution judge will be applied.